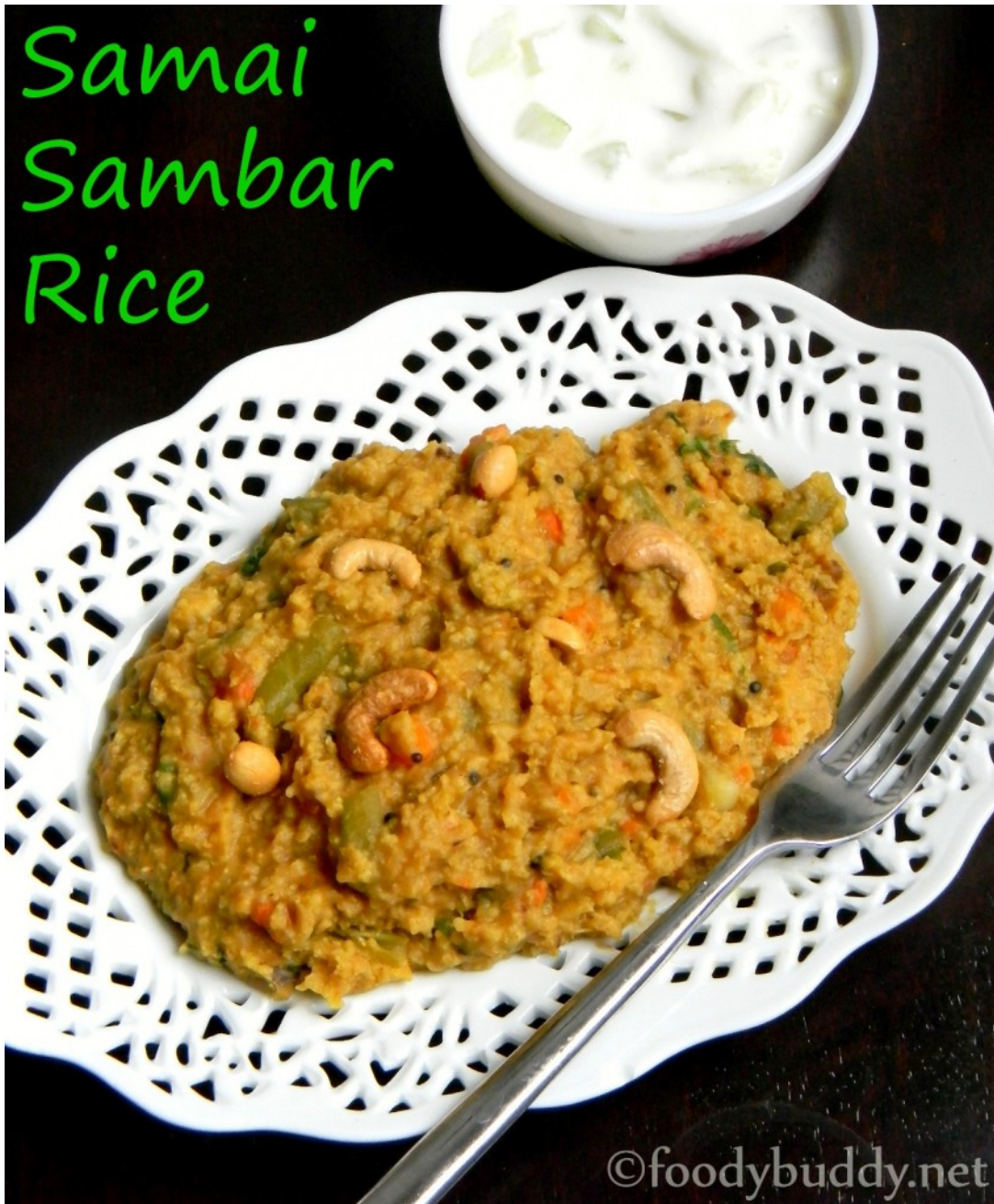


Samai sambar rice / Samai bisibelabath Recipe



Samai in tamil, sama in telugu, same in kannada, kutki in hindi and chama in malayalam is the smallest of all millets . In English they are called Little millets. Millets are very good for our health, as they are rich in protein, vitamins, minerals and iron. Millets are good for diabetic people as they contain maganesium, as it regulates the secretion of glucose in body. Nowdays, I am including in my diet, I love

all kind of millets like varagu, samai, thinai, sollam and ragi. I brought only few millet bags from India, so experimenting few recipes with the available millets. This is one among them, today recipe is samai sambar rice / samai sambar sadam / little millet sambar rice / samai sambar bhat / samai bisibelabath. This samai sambar sadam recipe is a healthy south Indian one pot meal with all nutrients from dal and vegetables. samai sambar rice is very similar to [bisibelabath](#) without adding bisibelabath powder, instead I added [homemade sambar powder](#) and it tasted like restaurant style sambar sadham. You can replace samai with other millets like varagu or thinai or kuthiravalli. In this sambar rice recipe, I haven't used tamarind, instead I added more tomatoes. Try this yummy samai bisibelabath recipe in your home. Also check my other millet recipes.

1. [How to cook millets at home](#)
2. [Quinoa Dosa / Thinai Dosa](#)
3. [Samai ven pongal](#)
4. [Bajra / Kambu Dosa](#)
5. [Bajra / kambu roti](#)
6. [Ragi Almond ladoo](#)

How to make samai sambar rice / samai sambar sadham

Ingredients for samai sambar rice

Preparation Time: 15 mins Cooking Time: 30 mins Serves:3

- 1 Cup of Samai (Little Millet)
- 2.5 Cups of Water

To pressure cook the toor dal

- 1/2 cup of Toor Dal
- 1.5 Cups of Water
- 1/4 Tsp of Asafoetida
- 1/4 Tsp of Oil
- 1/2 Tsp of Turmeric Powder

To Fry Vegetables

- 7 -10 Small Onion (Shallots), Whole
- 1 large Onion, Finely Chopped
- 2 Small Green Chillies
- 3 Large Tomatoes, Finely Chopped
- 2 Carrots, roughly Chopped
- 3/4 Cup of Chopped Beans
- 1/2 potato, Chopped
- Handful of Lima Beans
- 2 brinjal, chopped
- 2 Tsp of Sambar powder
- Handful of Curry Leaves

To Temper

- Salt to taste
- 2 Tsp of Ghee
- 1 Tsp of Mustard Seeds
- 1/2 Tsp of Urad Dal
- 1 Tsp of Vadakam
- 2 Small Red Chillies
- Few Curry Leaves
- Few peanuts and cashew nuts

Method for samai sambar rice

- In a pressure cooker, cook the toor dal for 3 whistles by adding all the ingredients listed under "To pressure cook list "
- In another cooker, cook samai for 3 whistles by adding 3 cups of water. Keep it aside.
- Heat oil in a frying pan, add both small and large onions, green chillies, saute this until it turns golden brown.
 - Add tomatoes, fry this until it turns soft, add all the vegetables, curry leaves, sambar powder and salt, fry well for 2 mins, cover and cook it for 7 mins.
 - Add toor dal and rice, mix well with all the vegetables. Turn it off.
- Finally heat a pan with ghee, add red chillies, mustard seeds, urad dal, vadagam and curry leaves, after it pops up, transfer this to pan with vegetables and rice, mix well.
- Hot, yummy samai sambar sadam is ready to serve with [raita](#) or chips or appalam.

Tips

- You can reduce tomatoes and add tamarind juice or else use tomatoes only.
 - Add any vegetables of your choice .
- You can replace samai with other millets like varagu or thinai or kuthiravalli.



tags : [samai rice](#), [samai sambar rice](#), [samai sambar sadham](#), [samai recipe](#), [little millet sambar rice](#), [how to make sambar rice with samai](#), [prepare sambar sadham](#), [restaurant style sambar sadham](#), [samai sambar bhat](#), [samai bisibelabath](#), [millet recipe](#), [south indian one pot meal](#), [variety rice](#), [lunch box recipe](#), [samai recipe](#)

Coconut Milk Biryani Recipe / Thengai Paal Biryani



Coconut Milk Biryani

Coconut Milk biryani / Thengai paal biryani is a simple, flavorful and delicious one pot meal which involves lesser efforts and with lesser ingredients. At home, we all love one pot meal dishes like pulao or biryani or any variety rice dishes. But of course biryani always top the list. Who doesn't like biryani with coconut milk ? the aroma itself makes us feel hungry, right ? If you want you can add any vegetables like peas or carrots and customize the recipe. I served it with [potato fry](#) and vathal.

Coming to **coconut milk biryani recipe**, this biryani has a predominant flavor of coconut milk, mildly spiced and with dollop of ghee absolutely it tasted rich and yummy.

This coconut milk biryani comes to my mind if I run out of any vegetables at home. This one pot meal perfectly fit the lunch box .

Check out my other biryani recipes

1. [Mushroom Biryani](#)
2. [Kuska Biryani \(Plain biryani without veggies\)](#)
3. [Vegetable Biryani in cooker](#)
4. [Vegetable Dum Biryani](#)

Ingredients for coconut milk biryani recipe

Preparation Time: 10 mins Cooking Time:15 mins

Serves: 2

- 1 Cup Rice (Basmati or Boiled Rice)
- 3 Tbsp of Ghee
- 2 Cloves
- 1 Cinnamon Stick
- 1 Cardamom
- 1 Bay Leaf

- 1/2 Tsp of Fennel Seeds
- Few Curry Leaves
- 1 Tsp of Ginger Garlic Paste
- 1 Big Red Onion, Chopped
- 4 Green Chilies, Slited
- 10 Mint Leaves
- 2 Cups of Thick Coconut Milk
- Salt to Taste

Method for Thengai paal biryani

- Soak the rice in water for 10 mins for basmathi rice. Wash it in running tap water and keep it aside.
- Heat ghee in a pressure cooker, add cloves, cinnamon, cardamom, bay leaf, curry leaves and fennel seeds, fry it for few secs.
- Add ginger garlic paste, fry it until raw smell vanishes.
- Add chopped onion, fry it until it turns golden brown colour.
- Add green chilies and mint leaves, fry well for few secs.
- Add coconut milk, rice & salt, mix well. Pressure cook it for 3 whistles.
- Open the cooker, fluff it with a fork and switch off the flame.
- Delicious, hot yummy coconut milk biryani is ready to serve.

Tips

- You can use store bought coconut milk or homemade.
- Adjust the number of green chilies according to your taste.
- Ghee adds a nice flavor to the biryani.
- Add your favorite veggies to the biryani.



**Thengai Paal
Biryani**

Tags: [coconut milk biryani recipe](#), [thengai paal biryani](#), [how to make coconut milk biryani recipe](#), [plain biryani with coconut milk](#), [biryani recipes](#), [coconut milk recipes](#), [south indian biryani](#), [easy biryani with coconut milk](#), [thengaipaal](#)

[satham](#), [coconut rice](#).

MINT PARATHA RECIPE



Pudina Paratha

This green coloured mint paratha / pudhina paratha is a flavorful and tasty paratha recipe made with whole wheat flour, mint leaves, green chillies, ginger and other spices. This mint paratha recipe is very simple to make, a nice

alternative to regular chapathi and it is filling for dinner. This is the first time I tried this mint chapathi, it tasted yummy with [lima beans curry](#) and [raita](#). Try this pudhina paratha at home and let me know how it turned out.

Mint Paratha Recipe / Pudhina Paratha Recipe

Ingredients For Mint Paratha Recipe

Preparation Time: 40 mins Cooking Time: 30 mins Serves: 9
Parathas

- 2 Cups of Whole Wheat Flour
- 1/4 Tsp of Cumin Powder
- 1/2 Tsp of Flax seed Powder
- 1 Tsp of Ghee (Clarified Butter)
- 2 Tsp of Oil
- Salt as needed
- 1 Cup of Warm Water

To Saute and Grind

- 3/4 Cup of Mint Leaves
- 2 Green Chillies
- 1/2 Inch Ginger, Grated

Method for Mint Paratha Recipe

- Wash the mint leaves, green chillies and ginger. Heat a pan with oil, saute the mint leaves, ginger and green chillies for few mins. Transfer it to a blender and grind it smooth by adding little water.
- In a mixing bowl, add whole wheat flour, cumin powder, flax seed powder, salt, ghee, oil and the ground mint mixture, mix all together with a fork, now add warm

water little by little, start mixing with a fork or spoon. After it cool down, Knead it into a smooth dough, keep it covered and let it rest it for 30 mins.

- Heat a pan, meanwhile divide the dough into equal parts. Roll into thick parathas and transfer it to the hot pan. Cook both the sides of paratha until brown spots appears add some oil over the parathas.
- Repeat the same process for the rest of the dough.
- Serve it with any side dish of your choice. We had with [lima beans curry](#) and [onion raita](#).

Tips

- You can use dried mint leaves too instead of fresh mint leaves.
- Add ajwain or cumin for easy digestion.
- If you don't have flax seed powder, just leave it and add cumin powder alone.



MINT PARATHA

Tags: [mint paratha](#), [mint paratha recipe](#), [pudhina paratha](#), [pudhina paratha recipe](#), [how to make mint paratha at home](#), [prepare pudhina paratha](#), [easy paratha recipe](#), [chapathi recipe](#)